

ABSTRACT

A fixing element of plastic is provided which includes a foot part for insertion into an oblong hole of a carrier plate. The foot part includes of a head corresponding to the edge of the oblong hole and of a shaft adapted to the width of the oblong hole. The fixing element can be locked in the oblong hole after the insertion of the head by a quarter turn under elastic deformation of the shaft. The shaft includes a middle strut connecting the head to the fixing element. The strut has the width of the oblong hole. A shank is formed on each of the two edges of the middle strut at a right angle and in opposite directions. The shank is elastically bent towards the middle strut during the screwing in of the shaft through the edge of the oblong hole and after a quarter turn returns to its original position due to the elastic return force of the plastic and prevents a rotation in the opposite direction.